

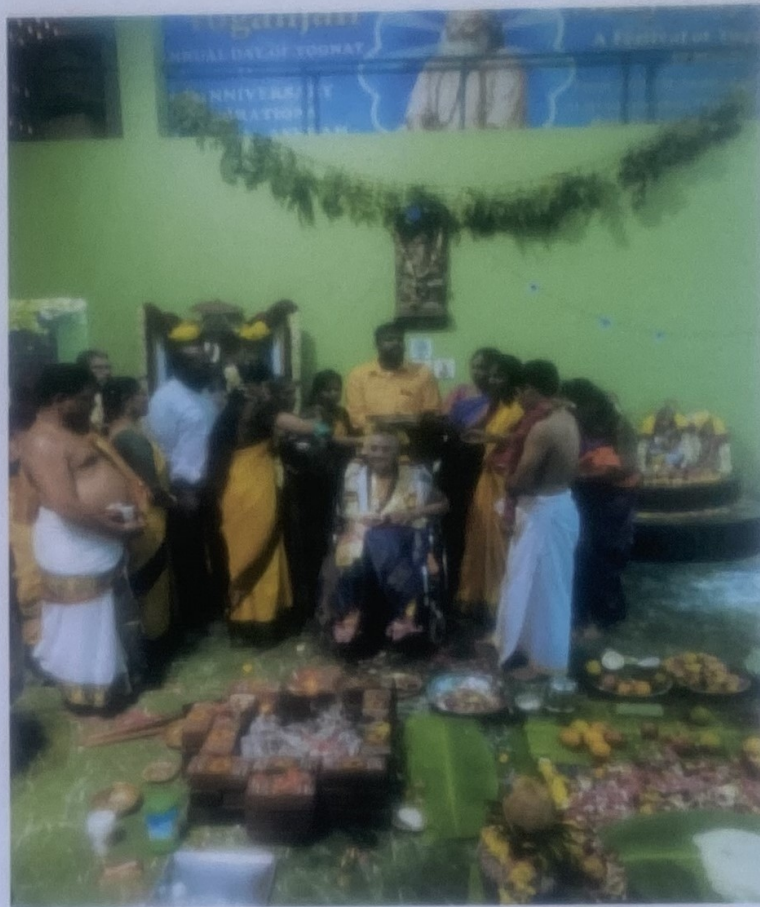
Gitananda Yoga Association Australia Inc.

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NAMASTE DEAR GITANANDA FAMILY MEMBER

Murali recently returned from his 25th visit to ICYER in India, the main purpose of his visit was to attend the 6th Decennial Meet of Vishwa Yoga Samaj to represent GYAssoc and to convey our deep gratitude to Ammaji for all the amazing work she has done for Gitananda Yoga, and to celebrate her 80th birthday in grand style.





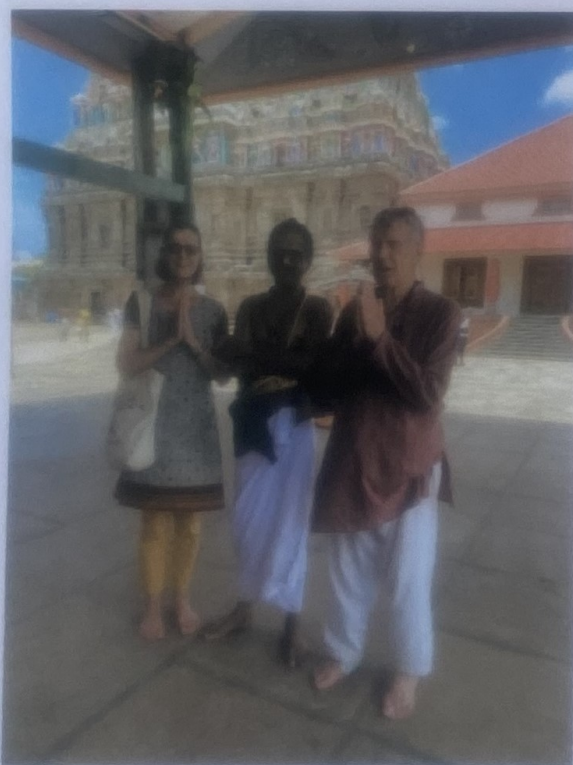
Amma's special Homa was held on 13th September 2023 in the satsangha hall.
We also presented our Malas to Amma at this time.



Kalavathi's group did hatha yoga on the roof every morning.



We were able to attend the Institute of Salutogenesis where Ananda has a special Team of Yoga and Music Therapists creating an atmosphere / environment for Holistic Healing which has unlimited potential.



Then a day tour of Shiva Temple at Chidambaram Ganesh our temple pandit and guide explained that Lord Nataraja temple within the complex was considered to be the centre of the universe where Shiva manifested reality as we know it.

GOLD COAST RETREAT 25-30 October 2023

Our recent stay on the Gold Coast was small in numbers but we managed to cover a lot in those few days. As usual Murali very kindly guided us through our varied and numerous practises which, before breakfast included Hatha Yoga, the Hathenas and Loma/Viloma Polarity Asana; followed later in the morning by Pranayama including Suka Purvaka Pranayama which according to Swamiji charges the electro-magnetic flux in our Pranayama Kosha.

We had free time to walk a little after lunch and in the afternoons practised Prana Surya Kriya, Akasha Jnana Kriya, and Bindu Jnana Kriya which I personally found very relaxing. We also did a lot of work on the lungs, trying to stretch them further. It is said that the surface area of the lungs encompasses half the area of a tennis court. In the practice of Pradakshina Pranayama with Shunya Mudra we sat facing north and started in a clockwise direction with the low, mid then high lobes on the right side, then high, mid, and low lobes on the left holding the appropriate mudra for each section. We then stretched the lungs diagonally finishing with a full circle from bottom right, to bottom left, always counting 6 in and 6 out.

An opportunity allowed us to experience the Ajappa version of Om Namah Shivaya, starting at the base of the spine, we mentally visualise "*Aum-Na-Ma-Shi-Vi-Ya*" up the spine on the **in breath** with the appropriate chakra, on the **out breath** we return to the base of the spine. In a short Yantra session we calculated our Yantra karma yuga cycle year - so we can work towards a positive 2024.

Finally and challenging was listening to Swamiji's CD whilst chanting the Bija Mantras 20 times, taking energy upwards through the chakras and out through the top of the head. I say challenging because Swamiji starts slowly and gathers speed which proves difficult for some of us to keep up. Each sound - Lung, Wung, Rung, Yung, Hung and Chung whilst spinning clockwise through the Chakras has a quality which allows us to return to the source above the head.



We experimented with eating out for the biggest meal of the day lunchtime and just having something light in the evenings which seemed to work very well so that we could go to sleep without a full stomach. The weather was wild and windy with some rain and cold weather and a little sunshine now and again. There was not a lot of opportunity to go out to the beach early morning or for Pranayama in the park.

It was a delight to have the very entertaining Zigi with us, and it was useful to know that after recording some of our breath work on her ECG monitor, it did produce excellent results for us all. Thank you Zigi and finally grateful thanks to Murali because without him none of this would take place. We look forward to our GYA members joining us at Mermaid beach from Wed 20th March 2024 till Mon 25th March 2024 - Contact Murali for details.



Zigi and Murali

Current financial members are now entitled to receive a *10% discount* on the Euro cost of any of **Dr. Anandaji's Online Courses**. Please contact ananda@icyer.com for pricing or to register in upcoming sessions and/or to purchase a complete set of recordings of these earlier Zoom sessions.

INSPIRATIONAL QUOTES OF AMMAJI

Love is a motivating force

It is the loss of one's personal identity

in the sweetness of another's soul.

It implies sacrifice, sensitivity, adjustment and space

Love delights

Love amuses

and

Love absorbs.